Most people would agree that nothing really beats a great night of restful sleep. Most cells in your body would also agree that they appreciate a good night’s rest. However, there are certain types of cells in your body that cannot stand it when you get a full night of great sleep – and those are cancer cells.

We know that sleep is important for feeling rested and energetic during the day, improving mood, immunity, work performance, heart health, cognition – more things than can possibly be imagined. But would you believe that the quality and amount of sleep you get could actually change the way your body responds to certain medications? In fact, as in the case of the breast cancer drug tamoxifen, it could be the difference in treatment success or failure.

For over 20 years, studies have shown that the sleep hormone melatonin plays a role in the behavior of various types of cancers including prostate and breast cancer. Melatonin is responsible for telling your brain that it is time to sleep, but the research is showing that it can essentially tell cancer cells that they also need to sleep. It is only during these sleep phases that some anti-cancer drugs like tamoxifen are able to attack the cancer cells and stop them from multiplying. Several studies have shown that having increased blood levels of melatonin can improve the success of tamoxifen in treating breast cancer.

Another study also confirmed a connection between your sleep cycles and risk for developing some cancers. The researches reported that a protein called "Human Period 2 (hPer2)" plays an important role in protecting you from cancers and also regulating your sleep cycle. When your sleep cycle is disrupted, the protein becomes dysfunctional and is unable to protect your body from developing some sporadic forms of cancer.

Fight Cancer with Sleep
How Does the Brain Produce Melatonin?

Your brain contains a tiny gland called the pineal gland that wants to constantly produce melatonin. However, when you can see light, there are signals sent to the gland that stops it from producing melatonin. This is what helps regulate your daily sleep cycle, called the "circadian rhythm." When you enter a dark room, the pineal gland begins pumping out melatonin, causing you to feel tired and go to sleep. This is why it is so important to remove yourself from light-sources when you sleep. Even small amounts of light can cause a decreased production of melatonin resulting in lower quality of sleep.

One of the studies that looked at the effect of melatonin concentrations on the efficacy of tamoxifen for breast cancer found that small amounts of light, similar to the amount that would come from streetlights through the window blinds or from a nightlight, was actually capable of lowering melatonin levels far enough to decrease the efficacy of the medication. The fact that such low levels of light had such profound effects on melatonin levels and the efficacy of anti-cancer medications should cause alarm for some. In our modern world, it is almost impossible to escape "light pollution" that comes from city lights, televisions, and computer screens.

Your pineal gland produces the most melatonin early in life, generally peaking around age five. It then steadily produces less and less melatonin as you age, which is one of the reasons that people tend to have more sleep disorders as they get older. This decline in melatonin production may also be responsible for the development of other diseases and cancers associated with age.
Before you start taking melatonin, there are a couple things you need to know. First of all, like most medications, taking more does not always mean it will work better and could actually have negative effects. If you take too large of a dose of melatonin at bedtime, your body may not be able to effectively reduce those levels to what they should be in the morning time when you want to be awake and alert, causing a disruption in your circadian rhythm.

Doses of 2 mg or less, like what is included in Sleep Support have been shown to be safe and effective while providing blood levels that are similar to those found in a natural healthy sleep cycle. Some people may require more than 2 mg, however that dose should be determined by a licensed healthcare provider that is carefully monitoring the response.

Something else to consider when adding a melatonin supplement is that melatonin does not work alone. In particular, a potent antioxidant called glutathione is actually a necessity for the anti-cancer effects seen with melatonin. One study showed that melatonin improved the effects of tamoxifen only when glutathione was present, and the effect was lost with this vital nutrient was depleted. Your body does not absorb glutathione from the diet, but prefers to make its own glutathione from a couple of key building blocks that are more easily absorbed.

Sleep Support contains Olivamine10 Max and one of the key components in this blend is N-acetyl-L-cysteine (NAC). NAC is the key nutrient required for increasing cellular levels of glutathione. All of the ingredients found in Viniferamine Sleep Support combine to help provide your body the nourishment and healing rest that it needs.
References


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About the author: Kyle Hilsabeck, PharmD., is the Vice President of Pharmaceutical Affairs at McCord Holdings and licensed by the Iowa Board of Pharmacy. Dr. Hilsabeck has completed a post-graduate residency in Advanced Community Pharmacy Practice and also earned bachelors degrees in Biochemistry and Biology.

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